

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
24 February 2005 (24.02.2005)

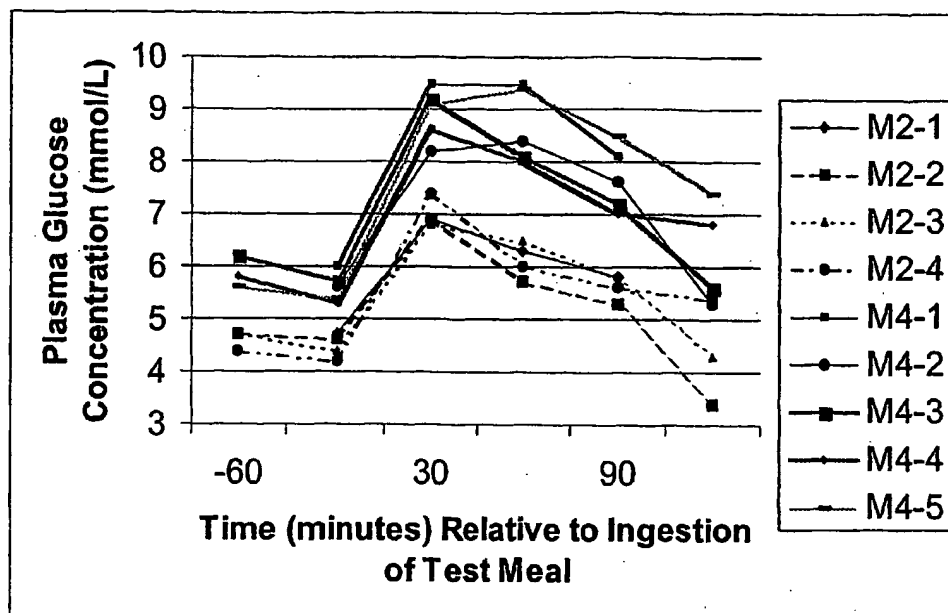
PCT

(10) International Publication Number
WO 2005/017532 A1

- (51) International Patent Classification⁷: **G01N 33/66** (74) Agents: **ERRATT, Judy, A.** et al.; Gowling Lafleur Henderson LLP, 160 Elgin Street, suite 2600, Ottawa, Ontario K1P 1C3 (US).
- (21) International Application Number: PCT/CA2004/001474
- (22) International Filing Date: 16 August 2004 (16.08.2004)
- (25) Filing Language: English
- (26) Publication Language: English
- (30) Priority Data:
60/494,549 13 August 2003 (13.08.2003) US
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- (81) Designated States (unless otherwise indicated, for every kind of national protection available): AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HR, HU, ID, IL, IN, IS, JP, KE, KG, KP, KR, KZ, LC, LK, LR, LS, LT, LU, LV, MA, MD, MG, MK, MN, MW, MX, MZ, NA, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RU, SC, SD, SE, SG, SK, SL, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, YU, ZA, ZM, ZW.
- (84) Designated States (unless otherwise indicated, for every kind of regional protection available): ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IT, LU, MC, NL, PL, PT, RO, SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

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(54) Title: **DIAGNOSTIC COMPOSITION FOR DIABETES TYPE-2 AND IMPAIRED GLUCOSE TOLERANCE, AND METHODS OF USE**



(57) Abstract: A solid oral diagnostic test meal is provided that contains a polysaccharide, wherein the oral diagnostic test meal provides a medically controlled quantity of glycemic carbohydrate after being ingested by a vertebrate subject. In addition, methods and kits are provided for using the diagnostic test meal to monitor postprandial glucose to screen insulin levels and/or diagnose disorders of carbohydrate metabolism, to manage subjects being treated with antidiabetic agents, to self-diagnose diabetes and self-manage diet and antidiabetic drug dosage, and to calculate the glycemic index of a test food.

WO 2005/017532 A1



Published:

- with international search report
- with amended claims

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